

EFFICACY OF DIALECTICAL BEHAVIOR THERAPY ON MARRIAGE SATISFACTION IN MARRIED WOMEN

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ABSTRACT

The aim of this survey was to determine the effectiveness of dialectical behavior therapy on marriage satisfaction in married women in Sardasht. This semi-empirical study is a pre-test post-test study with control group. The number of 40 women who were consulted to counseling center of Zhiani Khosh in Sardasht in 1393, were at two groups, i.e., experiment group (20 individuals) and witness group (20 individuals) as available samples. The dialectical behavior therapy was independent variable and it was conducted during 10 sessions on experiment group. There wasn't any intervention in witness group. (RDAS) was the survey instrument of inventory on marriage satisfaction. It was used from covariance to analyze the data. It was used from uni-variable covariance analyzing test and multi-variable covariance analyze and t-test independent – groups & error – Levene's variance equal test for testing study hypotheses. The dialectical behavior therapy was influenced on the whole degree of marriage satisfaction ($P < 0/000$), and its dimensions include: solidarity, marriage satisfaction & agreement ($P < 0/001$). The results showed that, dialectical behavior therapy has a meaningful impact at increasing the general quality of marriage satisfaction. Skills concerned the dialectical behavior therapy increases the quality of marriage satisfaction.

Keywords: *Dialectical Behavior Therapy, Marriage Satisfaction, Agreement, Solidarity*

INTRODUCTION

Marriage & building up family can be the center of raising the healthy & developed generations besides providing & meeting emotional, mental, sexual and ... needs, and it will provide secure & supportive environment for its members. What is important in marriage, is marriage satisfaction. Marriage satisfaction is a multi-dimensional concept and it contains different factors. Hakimz defines marriage satisfaction as: concrete feeling of satisfaction, satisfaction & experienced enjoyment by wife and husband (Nabi, 2007)

Many researchers have considered the factors on marriage satisfaction from different views. For example: Honson and Landbland (2006) in their study showed, training the communicative skills & resolving the conflict to couples who had problem in marriage communications, it results in improving their marriage relation and decreasing the conflicts and improving their mental health. Ahmadi *et al.*, (2010) found that riching skills concerning relationships, increases the quality of marriage relations. Berdi *et al.*, (2014) found that the program of checking skills in couples can influence on decreasing the unsatisfaction and increasing the quality of marriage relationships. Johnson *et al.*, (2005) considered the effectiveness of training the resolve conflict skills & controlling the emotional reaction on marriage conflicts. The results of this survey which was conducted on 172 couples in New Zealand showed; skills of resolution-problem, using emotion and feeling, controlling the negative emotions and their mutual impact on each other, have a major role in decreasing the conflicts & its dimensions and improving the marriage satisfaction. In general, it appears that there are two theoretical and general views about the impact factors on marriage satisfaction: one of the perspectives which is accepted by hypothesisists at psychoanalysis school, the innerperson reasons are impacted on marriage satisfaction, and in the other perspective which is accepted by behaviorist psychotherapist the transperson factors are known as impacted reasons on marriage satisfaction.

Since, the influence of different factors on marriage satisfaction are considered, but with regarding to importance of marriage satisfaction for individuals & societies, it's still necessary to pay attention to procedures and various techniques and to consider them. One of these aspects which seems to have an

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important role on marriage satisfaction, techniques of dialectical behavior therapy they're being considered less in previous studies . the dialectical behavior therapy is a behavioral-cognitive procedure which was invented to treatment the borderline personality disorder at first (Haghyegh *et al.*, 2011)

This is a selection method from related methods with supportive, cognitive and behavioral treatments. Accordingly, he proposes four intervention components in method of treatment group .mind-awareness & tolerance of perturbation are known as acceptance components and emotional regulation and interpersonal effectiveness as components concerning changing the dialectical behavior therapy.

The above four mentioned areas are being known as effectiveness are a at bordering personality disorder (Robinz, 2004; Alen *et al.*, 2005).

The mind-awareness is a skill and due that , the events are seen with less sadness at present. When we pay attention to time that we are live in now , we aren't involve in past or future. While, the most mental problems are incurred as a result of concentrating on past (Khabat-Zinn, 2003) and perturbation is being defined as the degree of individuals tolerance against negative-mental-conditions and experience with it (Simons and Gaheri, 2005).

Emotional regulation means the individual ability in influencing on type, time, the kind of experience and emotional expression and also to change the duration and intensity of behavioral empirical and physical processes of emotion and it is done by using the emotion regulation procedures whether consciously or unconsciously (Gross and Thompson, 2007).

Patient accepting and meantivne to help to him/her for changing & improving is as herself/himself the same (Dioson *et al.*, 2007).

In fact, the main dialectic in this procedure is the solidarity or acceptance unify or change .in recent years, the dialectical behavior therapy, besides applying the borderline personality disorder in scope, it was applied more than other different disorders as two reasons.

Firstly, the complexity and variety of problems among individuals who experienced to borderline personality disorder, makes that, dialectical behavior therapy as an effective treatment for these population ,has procedures for assessing & treating many problems in a systematic way (Vegenz *et al.*, 2007). Then, the dialectical behavior therapy is presented in a structured , exact treatment program which makes easier its applying for reaters.

In dialectical behavior therapy is, to orientate the treatment in early stages, then to control the client activities, to train the behavioral skills (the heart of therapy) and then to help him/her to make better feeling and solving the life problems and at last assisting to client to look for enjoyment and to hare superior feelings that it is being used to achieve these goals from speuol treatment procedures which are specific for this therapy (Miler and Ratos, 2006)

Soler *et al.*, (2009) were conducted a study on borderline individuals and showed, dialectical behavior therapy is impacted on improving the mood intensity and emotions as: depression, anyiety and emotional un constancy . Furthermore, in this study the treatment re suits in high clinical recovery and the degree of drop out and with draw from therapy was low (Soler *et al.*, 2009). Also, according to the study which was done by Konz *et al.*, (2010) Showed that, the dialectical behavior therapy impacted on reducing the absurdity sensation in individuals (Konz *et al.*, 2001). The results of various researchos has showed the efficacy of dialectical behavior therapy on individuals who are experienced to disorders. Niksio *et al.*, (2010), showed the effecti veness depression, suicide, anger controlling at patients with borderline personality disorder in a study which was conducted by Karbalali *et al.*, showed that dialectical behavior therapy, is impacted on patients with depression. Also, applying the skills about dialectical behavior therapy at depressive patients who have to lernce against therapy, it helps to emotional processing at patients (Feldman *et al.*, 2009). Alen forozati is conducted many surveys in the issue of couple therapy and exact expression of feelings and affirming and close relationships on individuals and treatment by the way dialectical behavior therapy and he could propose the procedures for resolving the marriage conflicts in couples by using the dialectical principles. A ctually, this procedure, has mixed the issue of empathy & client-based acceptance with problem-solving & training the social skill in the perspective of behavioral-cognitive (Kring *et al.*, translated by Shansipour, 2009).

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View to emotioned samples and since that to express the effective ways are essential issues of study in the therapy field, and regarding this fact that dialectical behavior therapy is considered as new therapies, so, at present study, it is tried to consider the efficacy of dialectical behavior therapy on marriage satisfaction in married women.

MATERIALS AND METHODS

Present study is an applied study from the kind of semi-empirical to pre-test-post-test design with control group. The statistical universe of study included the consulted women 2013-2014.

In order to select the participants of study, the number of 40 subjects, were selected as available sampling and they were divided into two groups: experimental group and witness group. The number of 20 individuals were at experimental group and 20 individuals were at control group.

It was trained 10 sessions for 2 hours concerning skills of dialectical behavior therapy for the experimental group once a week in counseling center.

The questionnaire of marriage satisfaction had filled in two pre-test & post-test. The contents of sessions was included: mind-awareness skills and emotion-regulation from first to fourth sessions, to train the skills regarding chaos-tolerance & skills on effective relationship from fifth until seventh sessions & during eighth & ninth sessions it is considered the learned skills on acceptance and change and in tenth session it was considered to the issue on learned skills and using of continuous skills in future. Subject was measured as a result of deviated result of inventory.

Research Instrument

Marriage Satisfaction Questionnaire

This inventory is made by Basbi *et al.*, (1995; cited as Holist and Miler, 2005). The original form of this scale was made by Spinner (1979) based on Livaliz and Spinner (1979) on the quality of marriage relations (Edital, 2005).

Also Fincham *et al.*, (2000), introduce this inventory as suitable instrument to assess the marriage quality after presenting their or/about marriage quality.

This inventory which contains 14 items was made based on original form with 32 items which was presented by spinner (1976), it is graded in 6 sequences from 0 to 5, as if the grade 5 is given to the response with total agreement & grade 0 is given to total opponent response.

This instrument is composed from three sub-scale (thought-congruity-satisfaction and cohesion).

That as a whole, they show the rate of marriage quality and the high grades present the higher degree of marriage quality (Holist and Miler, 2005).

Analyzing of affirmative factor, has approved the subject of 3-factor in inventory in U.S, and it shows its stability (Basbi *et al.*, 1995).

The stability of inventory was reported in the way of Cronbach Alpha in the Holist and Miler study (2005) from 80 percent to 90 percent.

The stability of inventory was considered by isanezhad to do this, the structural stability of inventory was considered and affirmed using the analyze of affirmative factor at first, and then the degree of validity was achieved for satisfaction, agreement and cohesion factors in the way of Cronbach alpha as 91%, 89%, and 86% respectively and for the whole inventory was 92%.

Since, the present study is a kind of repeated measuring designs, so it was used from uni-variable covariance analyzing test, multi-variables covariance-analyzing & t-test of independent groups and Levene's variance-equal-test to test the researching hypotheses.

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RESULTS AND DISCUSSION

Results

The stages of pre-test , post-test in total adjustment at marriage and its components are presented in table 1:

Table 1: Descriptive statistical analysis of the experimental and control group participants

SD	M	Variables	Groups	
12/50	44/05	Pre-test	experiment	Total adjustment on marriage
3/40	63/52	Post-test		
5/54	46/55	Per-test	control	
5/43	46/20	Post-test		
6/61	17/63	Per-test	experiment	Agreement
3/43	28/05	Post-test		
5/04	20/40	Per-test	Control	
3/43	28/05	Post-test		
4/74	16/68	Per-test	experiment	Solidarity
1/64	21/94	Post-test		
3/21	18/05	Per-test	Control	
2/70	18/20	Post-test		
3/72	14/10	Per-test	experiment	Marriage satisfaction
2/85	13/65	Post-test		
2/25	15/78	Per-test	control	
4/35	13/30	Post-test		

Upon to information that achieved from above table about the distribution of participants grades in under-experiment & control groups in variables of total adjustment of marriage, agreements cohesion, women't marriage satisfaction variety criteria in center-orientation, criteria scatter on grades distribution and results of normal data in Kolmogoroff –Smirnov of test showed that, the distribution of participants grades in all variables is close to normal distribution (exception pre-test, post –test) cohesion at control group (table 2).

Table 2: Results of kolmogrov-smirnov

Sig	F	MS	DF	SS	Sources of changing
0/001	79/477	739/239	1	739/239	Groups
0/001	40/050	372/517	1	372/517	Pre-test
0/001	39/052	363/237	1	363/237	Groups-pre error
		9/301	36	325/547	

View to what is considered at above table, the possibility of accepting the null at hypothesis to compare the performance of under-experiment & control groups in pre-test variable of adjustment in marriage is smaller than %5 (sig=0/001) therefore, we can conclude, homogeneity hypothesis of regression slopes don't be affirmed. So, we can't perform the analyzing of covariance to better understanding of this issue, the scatter diagram was drawn based on relationships the grades of pre-test ,post-test (dependent variable).

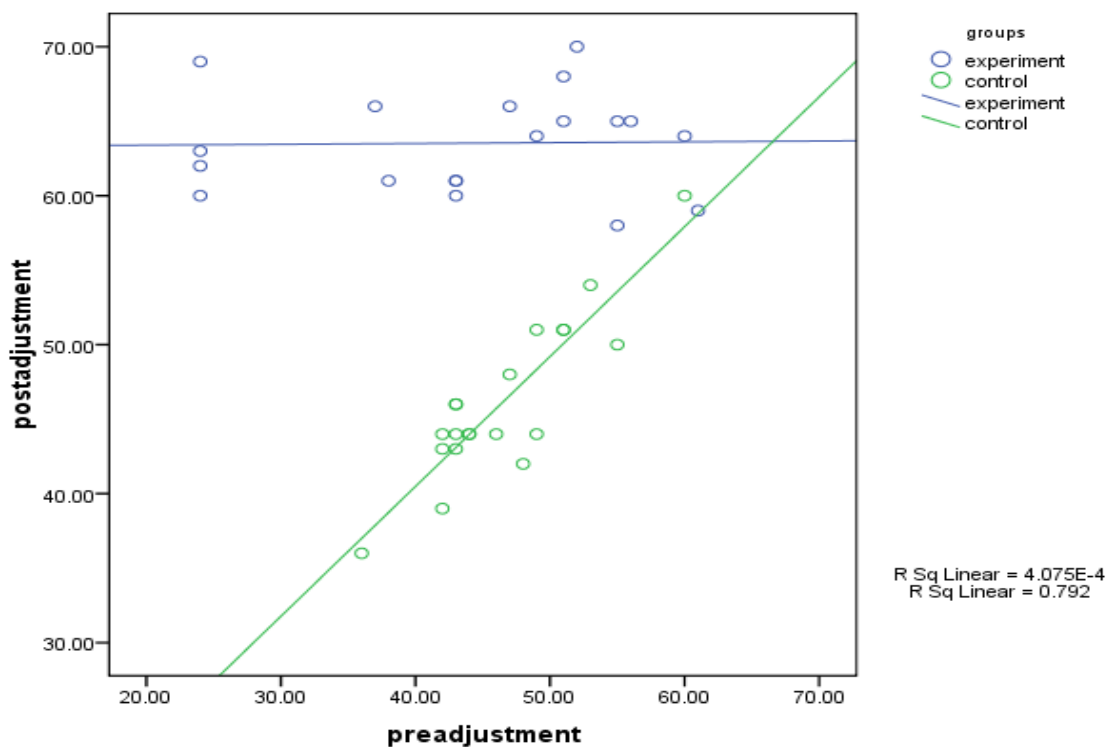


Figure 1: Scatter diagram of the relationship between pre-test and post-test scores

The above scatter diagram shows that , there isn't linear relation between two variables also the slopes of regression lines aren't in parallel the figure of scattering & analytical diagram which was done earlier, showed, the homogeneity hypothesis on regressions was rejected.

Table 3: Results the independent t-test

P	T	DF	F	SD	M	N	Groups	Variable
0/001	6/577	19/370	18/382	12/89	19/47	19	Experiment	Total adjustment on marriage
				2/58	-0/350	20	control	

So, we can't perform the analyzing of covariance. As a result, the comparison of performance the tests on groups under-dialectical behavior therapy in total adjustment variable in marriage was done using t-test of independent groups (After computation the discrepancy in pre-test, post test grades) (table 3) could reject the null hypothesis with 99 percent of certainty. In other word's difference of discrepancy average on pre – test, post- test participants behavior Given to amount computed of t (6/577) with freedom – degree (19/370), we therapy in total adjustment variable in marriage.

So, the giren documents are sufficient to amounts of average of two groups, we can conclude that, dialectical behavior therapy was impacted on improving the total adjustment in marriage.

Analyzing of Multi – variable Covariance: (MANOVA)

Table 4: Summary Box test for equality of covariance matrices

Meaningful possibility	Df2	Df1	F	M box
0/20	9841/655	6	2/517	16/568

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As achieved the rate of F (16/568) & its meaning fullness possibility (0/020) , me can conclude , the data deviated of homogeneity hypothesis covariance – variance matrix so ,it is referred to results of multi-variable test.

Table 5: Multivariate tests

Its square	P	DF	Df	F	Tests	Effects
0/677	0/001	32	3	22/403	0/677	Pilai effect
0/677	0/001	32	3	22/403	0323	Vilkez lambda
0/677	0/001	32	3	22/403	2/100	Hotling effect
0/677	0/001	32	3	22/403	2/100	The roy's biggest

As the degree of pilai effect test (0/323), computed F(22/403), with the degree freedom of 3 ,32 we can reject null hypothesis (P<0/01). In ether words, the average of parti cipants's grades at agreement, cohesion & marriage satis faction variables is different between the members of under-experiment and control group, simultaneously. The rate of discrepancy effect is high regarding it a square (0/677) and divided the experiment and control group members based on result of performed tests. Totally, the degree of it a square (0/677), presents a tely high relation between dialectical behavior therapy improving the cohesion, satisfaction & marriage agreement vaviables. Consequently, there are sufficient documents to accept the second hypothesis in survey in table 5.

Table 5: Test of equality of error variances Lyon

Meaningful possibility	Df2	Df1	F	Vnaviables
0/500	37	1	0/463	Agreement
0/303	37	1	1/089	Solidarity
0/138	37	1	2/298	Satis factio

As achieved ratings of F and its meaning fullness possibility it consistency by pothesis of variance is affirmed in there vaviables, i.e, agreement, cohesion & marriage satisfaction (table 6).

Table 6: Tests on effects between subjects & computed criteria

Its square	P	F	MS	Df2	Df1	Ss	Soures
0/604	0/001	51/965	866/713	34	1	866/713	Agreement
0/352	0/001	18/501	82/299	34	1	82/299	Solidarity
0/073	0/111	2/676	20/445	34	1	20/445	satisfaction

As regard to results of tests on effects between subjects & computed criteria (F rates & their meaningful levels) we can conclude that, the average of grades in 2 groups. differ in two variables: agreement & cohesion, simultaneously. furthermore, its square represents the extent of connection between dialectical behavior therapy & agreement & cohesion variables (0/352, 0/604, respectively). The comparison of averages showed, the average of two variables, i.e, agreement & solidarity was more in post-test of experiment group than to control group.

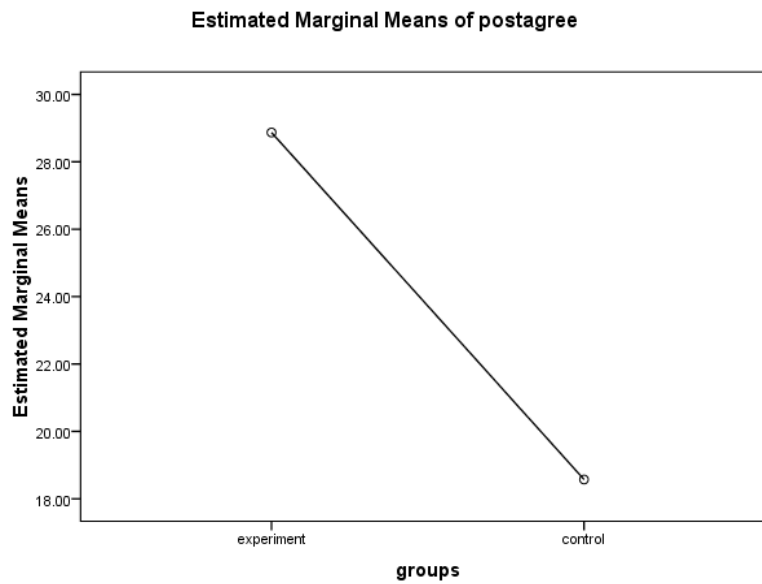


Figure 3: Distribution modified meaning of agreement between the two groups at post test

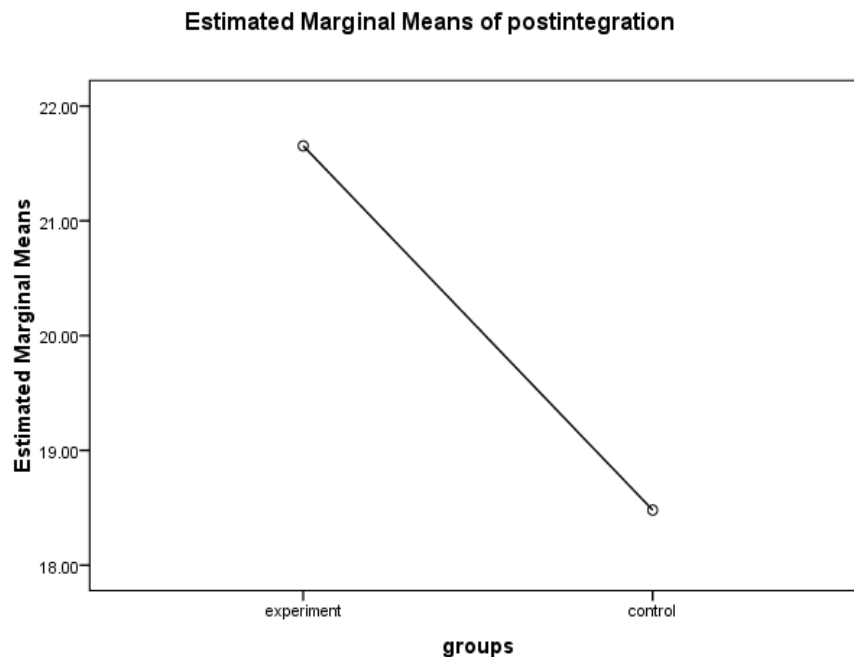


Figure 3: Distribution modified meaning of Solidarity between the two groups at post test

Discussion & Conclusion

As average rates of two groups we can conclude that , dialectical behavior therapy , has influenced on conducted the total adjustment marriage .the studies which was conducted on this field (by, Alen (2003), Ayourson (2006), also to unify with awareness, emotion egulation , clear expression and affirmation of feelings, it is supported. In a detailed dialectical plan and also in the case of families transactions and couples & intervention by dialectical behavior therapy. Ridli *et al.*, (1982), Cavado and Guirney (1999) reported that, to train the improvement of interpersonal relationships which is one of the components in dialectical behavior therapy have a meaningful effect in marriage satisfaction.

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The results show that, there is meaningful change in increasing the variables of agreement, solidarity & marriage satisfaction. Also, the results show, this improvement is conserved during one month, the results of Afrozati's study (2004), on the efficacy of training on satisfaction is supporting from this study and it is similar to the conducted researches by Isanezhad, Ahmadi and Etemadi (2009), Isanezhad *et al.*, (2011) showed that training the richness components of relationships which are one of the components in dialectical behavior therapy, have effect on total quality of marriage and its dimensions, i.e., marriage satisfaction, solidarity.

Also it has consistency with Jamali findings (1390), who showed that, training interpersonal relationships is impacted on marriage satisfaction. So, we could say that applying dialectical methods such as chaos – tolerance and emotion-regulation, mindfulness- awareness & richness of relationships have meaningful effect on agreement, solidarity & marriage satisfaction. The findings represented among 4 components at dialectical behavior therapy, the skills of mindfulness- awareness and emotion- regulation specifically, make that, if any of the participants pay attention to him/her emotional needs at present time and they could be aware of thoughts, emotions, physical sensations & activities in present without any pre – judgement or criticizing about him/her or their experiences and they could make decision on wise – mind and they could consider the strategies against self- damage & its possible consequences with practicing the technique & skills on chaos- tolerance & interpersonal relationships, and using self- relaxing & self- esteem techniques they could control chaos- making emotions and they can improve the interpersonal relationships in occurred situation. Finally, he/she better understands the pain and achieves to higher quality in life and adjustment using behavior rebuilding.

Suggestions

- As this survey is limited to a specific society, now it is adequate to do research on other societies.
- It is being suggested, the future studies will be conducted in three groups and further more. The efficacy of dialectical behavior therapy method, beside the content of expectations who don't receive any treatment, it will be compared with group who receive the treatment other than DBT.
- It will be conducted more studies about family & couple – therapy on efficacy of DBT-therapy.
- In Iran, the most clients to psychological clinics are women and women are under – treatment more than men & the women are the most participants in instructional programs, so it is suggested, the dialectical behavior therapy is considered more in men.

Limitations

- Even so it was tried to identify the exceptions & limitations & uncontrollable factors as possible as, but view to nature of survey & subjects, there wasn't the possibility of control in all factors, consequently, we have difficulties inside- outside validity of study to some extent compulsorily.
- As this study was done in a specific society, so we should be cautious in generalization of results.
- Time limitations.
- Subjects leaving.

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